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Tuesday, February 21, 2012
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News worth sharing.

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Is it a tablet? Or ...



Across

- 1 A 5.3" screen makes it easier to ___ the Internet
- 3 Earth is one and so are Jupiter, Mercury and Neptune
- 7 See 14 Across
- 8 The operating system of the Samsung Galaxy
- 9 Neil Armstrong was the first man to walk the moon; ___ Cernan, the last
- 11 To create
- 14 It appears every 76 years (with 7 Across)
- 16 Having to do with the sun
- 17 Armstrong and Buzz Aldrin were aboard Apollo ___
- 18 Mass of stone or metal heading this way

Down

- 1 It's possible to ___ a signal off the moon back to Earth
- 2 The final space ___ mission ended last July
- 4 The Galaxy Note runs on the TELUS 4G ___
- 5 Use the Galaxy Note's browser to stay on top of the latest ___
- 6 TELUS Flex ___ Plans automatically adjust to your needs
- 10 Darkening of the sun – don't stare
- 11 Use the S Pen to literally write a text ___
- 12 What they once thought the moon was made of
- 13 Bowl-like depression on the moon
- 15 The ___ of the Galaxy Note makes it part smartphone, part tablet

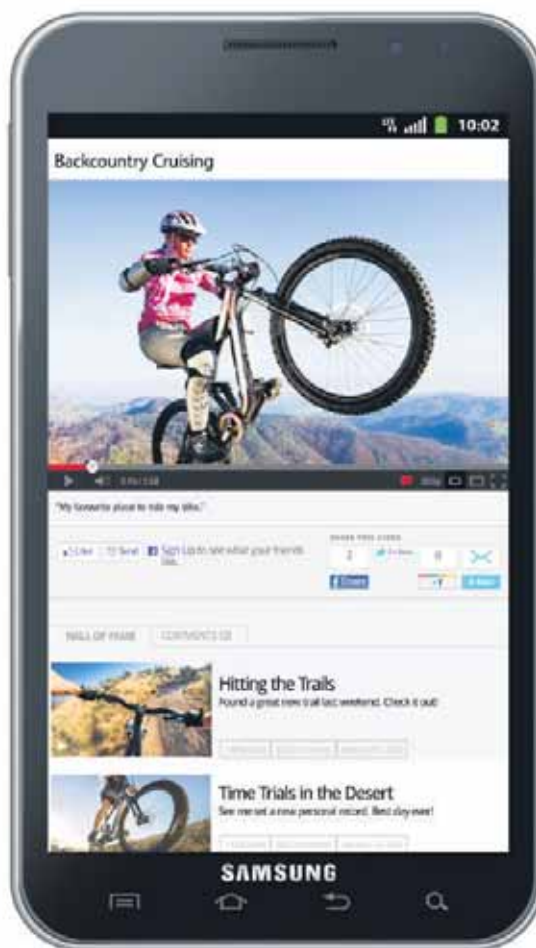
Answers can be found on February 22 at telusmobility.com/crossword.

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Close. Shave



► Mini Mountie Keira Girard, 6, who has lymphoblastic lymphoma, takes a little off the top for Staff Sgt. Maj. Ian Ferguson at the Kids With Cancer head-shaving event at RCMP K Division headquarters on Monday. The annual fundraiser has contributed \$500,000 to the charity in seven years.

SHELLEY WILLIAMSON/METRO

Family Day fund-razor event for the kids

Sunny days save city \$7M

► Warm weather also allowing for early pothole repair and litter pickup

Despite a thin layer of white blanketing the city on Sunday, Edmonton's snow budget is in good shape.

The two centimetres were essentially gone when Bob Dunford, director of roadway maintenance, addressed the media Monday morning.

"We saved \$7 million in January, usually a very significant snowfall month," he said. "And February, it's been very favourable."

The first official tally will come at the end of March — and winter returns later this year.

But for some, this news is as welcome as the warm weather.

"It's really a blessing because last time I checked, we were still in a deficit position," said Coun. Kerry Diotte, referring to last year's \$30-

Sand 'n' snow

- Fifty sanding trucks were out Sunday and into Monday, but this hasn't been a common sight.
- Dunford said the city had used twice as much sand by this time last year.
- Residents can pick up chemical-free sand to ensure sidewalk safety at most community leagues throughout the city.

million plunge into the red due to record snowfalls.

City council approved a new snow policy last summer, and also increased the budget to just over \$47 million for 2012.

HEATHER MCINTYRE



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Police searching for convict

The hunt is on for a convict who was serving seven years for killing a Saskatchewan man in 2006 before escaping custody.

Correctional Services Canada said Michael Bearboy, 42, was absent during the Sunday count at Edmonton's Stan Daniels Healing Centre, a minimum-security facility.

Bearboy is described as five-foot-eight, 237 pounds, with brown eyes, black hair and a cat tattoo on his left arm.

This is the second time he's evaded custody — he escaped a halfway house last February.

Call police if you know where he is. ● METRO

North-end death probed

Homicide investigators canvassed the Rosslyn community Monday looking for details about what may be the city's first murder of 2011.

Police were called to north end near 134 Avenue and 101 Street after a resident spotted a 22-year-old man lying injured in an alley at about 4:45 a.m. Sunday.

He died on scene. Police said Sunday they were treating it as a suspicious death, but an autopsy today may shed more light, including the man's identity and cause of death. ● METRO



► Colin Priestner wrote the script for the S#!t Edmontonians Say video that created quite a stir online Monday.

Things Edmontonians say creates online buzz

► Common quips both promoting and poking fun at the city put together for video ► Local celebrities, including Oilers players, make an appearance



HEATHER MCINTYRE
@METRONEWS.CA

When it comes to things Edmontonians say, Colin Priestner seems to have it right.

He recently produced the S#!t Edmontonians Say video with girlfriend Alanna Bateup, featuring classic one-liners known to be said by those living in the City of Champions.

Thanks to lines about keeping Lucy at the zoo,

photo radar on the White-mud, living in the north versus the south, and anything to do with hockey, the video became an instant hit after it was posted online at midnight on Sunday.

"I had seen some of the other ones," said Priestner, 28, a local musician who also runs two car dealerships.

"Especially the New York one. I've been to New York a million times and I think it's pretty fun-

ny."

On a recent holiday the pair realized how many similar videos exist.

"I noticed every big city had one, but no one had done one in Alberta," Priestner said.

When they returned two weeks ago they got started, but Priestner was sure someone would beat them to it.

"Every day I would hit reload and check the searches, and nothing showed up," he said.

Star power

1 Colin Priestner wrote the script and acted in most of the scenes along with his girlfriend, Alanna Bateup. Evan Isbister filmed and edited the video.

2 Others making an appearance include Sportsnet's Gene Principe, and Oilers forwards Ryan Nugent-Hopkins and Jordan Eberle.

1

news


It's been an upbeat three years for Archie, but a bizarre CEO feud is rocking the company behind the comic. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

Canadians living across the border from Detroit are rallying to put an end to what they call 'The Windsor Hum.' Watch at metronews.ca/video

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Brother of bomb victim says he's living in fear

► RCMP 'optimistic' arrest will be made soon in explosion attack



JEREMY NOLA
@METRONEWS.CA
METRO CANADA IN CALGARY

Haunted by what happened to his sister and fearing for the safety of his own children, Derek Shachtay can't sleep, can't eat and can't work.

"I can't do anything," he said Monday from his Didsbury home. "They (the RCMP) aren't telling us nothing ... everything's just fallen apart."

Shachtay's 23-year-old sibling, Vicky, was killed after a package delivered to her Innisfail home in late November exploded.

RCMP have offered few details on the disturbing incident other than to say the package was intention-



► Deceased Innisfail mother Vicky Shachtay is pictured with her daughter, Destiny.

ally delivered with the purpose of killing the young mother, who had recently been left a wheelchair-bound paraplegic due to injuries suffered in a car crash.

Not knowing who could

possibly want to harm his sister is what bothers Derek the most, leading him to fear for the safety of his one-year-old daughter and a second child due to be born next week.

"I watch over my shoul-

Daughter

► Vicky Shachtay's daughter Destiny, who was not home at the time of the explosion, is staying with her step-grandfather and is doing well, said the victim's brother, Derek Shachtay.

der — I am paranoid," he said. "We haven't even been offered any form of protection."

RCMP spokesperson Patrick Webb said investigators have yet to determine a motive for the crime and whether anyone else could be in danger.

"Nothing would be offered until we determined whether it's even necessary," he said.

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'Space-dating service' working for non-profits

► Edmonton SpaceFinder website launched in December 2010 ► Promotion of site linking non-profits, landlords key to addressing demand for space: ECVO



HEATHER MCINTYRE
@METRONEWS.CA

Online dating websites are a success, and that's the case for a similar site for Edmonton's non-profit organizations.

EdmontonSpaceFinder.ca, launched just over a year ago, is a "space-dating service," said Russ Dahms, executive director of the Edmonton Chamber of Voluntary Organizations.

It links landlords to groups struggling to find a location for services and programs. Prior to the launch, a survey of 5,500 non-profits found nearly

400 were having issues finding suitable space.

There were 2,500 visitors to the site in the first five months and more than 200 spaces have been listed to date, including Expressionz Café.

The decade-old non-profit company, located at 99 Street and 70 Avenue for the last 18 months, has a performing area, café, and more room upstairs.

"We have three very different spaces," manager Amanda Loch said of the 6,000 square feet. "And we're finding Edmonton SpaceFinder is giving us more and more options."

In the last year, Loch esti-

Supply/demand

► According to a city report, some relief could come from scheduled openings for 2014: The South Edmonton Multicultural Centre, Jerry Forbes Centre for Community Spirit, Clareview Multicultural Centre, Mill Woods Seniors Centre and Multicultural Facility, and

The Meadows Community Recreation Centre.

► Other initiatives include the use of school gyms during summer, and possibly the utilization of surplus schools.

► The ECVO is working with the Multicultural Coalition for Equity in Health and Wellbeing, Arts Habitat Association of Edmonton and City of Edmonton.

mated the café had about 300 inquiries for renting space, and one in 10 are credited to the site.

The online initiative was part of a 2008 plan to address space demands and the variety of needs, and

continued growth of it is desired.

"We've got a lot of performance-type space," Dahms said of the listings. "What we're wanting to do in time ... (is) increase of-fice-related spaces."



► Amanda Loch, manager of Expressionz Café, stands in the Sundrenched Room, one of three rooms available for non-profit organizations to rent at the location.

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FIGHT FOR THE CURE

Trudeau the underdog in charity fight

Conservative Sen. Patrick Brazeau is the favourite against Liberal MP Justin Trudeau in an upcoming boxing match, an online book-maker says.

Bodog.ca said it looked at the men's experience — particularly Brazeau's black



▶ Trudeau

belt in karate — and physical stature and put Brazeau at -500 odds and Trudeau at +300. That means Brazeau has more than an 80 per cent chance of winning, it said.

"I was just trying to size up these fighters as if they were actual boxers and trying to put them at a number," said Adam Burns, sports-book manager for Bodog.ca.

The Fight For the Cure match is on March 31 in Ottawa. ● JESSICA SMITH IN OTTAWA

Third charge laid in 'couch surfing' death

A Quebec man accused of driving a vehicle that dragged a sofa carrying two of his friends, one of whom was killed, faces three criminal charges.

Alex Labbe, 21, of St-

Benjamin, had already been charged with hit-and-run causing death and dangerous driving causing death. On Monday, the Crown laid a third charge of criminal negligence causing death in the Saturday-night stunt that killed Francois Hallee, 22. He was freed on \$2,000 bail.

THE CANADIAN PRESS

Feds blasted over veterans' aid

SEAN KILPATRICK/THE CANADIAN PRESS FILE

Vets not given proper reasons for denial of benefits, ombudsman says

A report on how former soldiers are told whether they have qualified for disability benefits is the start of a wide-ranging look into problems plaguing veterans' care, the veterans ombudsman says.

In his report into whether veterans are given enough information about why they are granted or denied disability benefits, Guy Parent found the government is failing.

And failure so early in the process can have a domino effect that Parent says he intends to study over the coming years.

"We needed to start somewhere and I think this is a good point," he said in an interview.

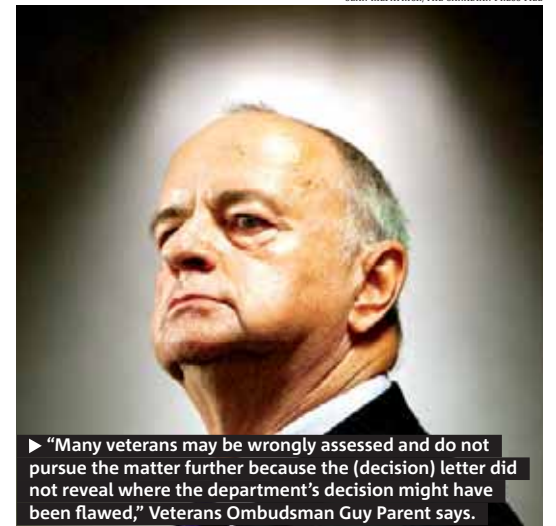
The report released Monday reviewed a sample of 213 disability benefit decision letters sent between 2001 and 2010 and found

Reaction

- ▶ A spokeswoman for Veterans Affairs Minister Steven Blaney said he welcomes the report and intends to act quickly.
- ▶ "Cutting red tape and providing hassle-free services to our veterans is minister Blaney's top priority," Codie Taylor said.

that none clearly stated the reasoning behind the decision. About one in five gave enough detail for veterans to attempt to deduce the rationale, but the remainder came up entirely short.

Parent said providing information to support a decision is fundamentally different from simply providing a reason for a decision. Failing to provide supporting information for decisions is at odds with



▶ "Many veterans may be wrongly assessed and do not pursue the matter further because the (decision) letter did not reveal where the department's decision might have been flawed," Veterans Ombudsman Guy Parent says.

the Veterans Bill of Rights and other federal laws, he said.

His report makes four recommendations. The way the letters are generated needs to be improved and reasons for decisions need to be stated in plain

English, not medical or legal terms.

It also says manuals should be reviewed to make sure adjudicators are aware of what has to be in the letters, and a quality assurance system must be in place. THE CANADIAN PRESS

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SKILLS FOR SUCCESS

El Salvador is a tiny country — less than half the size of Nova Scotia, with a population about the size of the GTA — but it is one of the most dangerous countries in the Western hemisphere. There were 3,985 violent deaths in El Salvador in 2010, most related to gang activity; that is a higher per-capita number than in Afghanistan.

That's why communities place a high priority on giving their young people tools to build a future. "Our preschool centres are critically important," says Laura Mata, chief of communications for World Vision El Salvador, which works with community groups to create programs to ad-

dress their most pressing needs. "By giving small children a good educational foundation, they're ready for Grade 1. They're then more likely to be successful and less likely to flunk out or quit later."

World Vision's Children's Clubs and Youth Clubs not only provide young people with a safe place to socialize, but also give them life skills and vocational training. (In one club, Kevin, 15 was learning to bake bread and fancy pastries; in another, a band of musicians practiced while another group took learned to paint.)

Carlos, who is now 17, remembers the first time he went to a World Vi-

sion Communications Club in Tacuba, a small mountain town near the Guatemalan border where local gangs are particularly powerful. "I was 13. Some of my friends had been to the club and done a radio show, and they needed more people. I went. I was very nervous. But it was such a nice experience my [nervousness] vanished."

Before that, Carlos had been playing hookey from school since age 10, had failed 4th grade and fallen in with a sketchy group. At the club, "I got really involved. I realized I had to stop doing the things I'd been doing. I started studying again." Today he

DAVID TSCIOULIS



World Vision's Youth Clubs give children a place to have fun and learn, nurturing talents that give them hope for a productive, fulfilling future.

leads other teens in the group and works half-days at a local professional radio station while attending high school.

Of course World Vision Canada sponsorships support efforts like nutrition and health care programs in El Salvador. But Laura believes that is just as important to "improve knowl-

edge. You can't change lives by just giving tangible things," she says. "Change comes by giving life skills and vocational skills so that [young people] can be someone in the future."

At the Tacuba Communications Club, says Carlos, "getting into the radio shows is what changed my life."



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Painkiller strategy pushed

Addiction experts are applauding Ontario's new restrictions on OxyContin and the drug replacing it, but say the country needs a national strategy to tackle widespread abuse of prescription painkillers.

The province's decision to remove OxyContin and its successor from the list of drugs it routinely funds is a "very positive thing overall," said Dr. Irfan Dhalla of Toronto's St. Michael's Hospital.

His research found the addition of long-acting oxycodone — the form contained in OxyContin — to Ontario's drug plan in 2000 coincided with a spike in opioid-related deaths.

Imposing tighter controls on prescriptions "is



► OxyContin will no longer be manufactured in Canada come March.

not going to solve the problem by itself, but it's a major step forward," he said.

The maker of OxyContin will stop manufacturing the drug in Canada at the end of the month and replace it with a new formulation called OxyNeo.

As other provinces weigh whether to fund OxyNeo once OxyContin is discontinued, experts are urging Ottawa to take the lead in combating what has become a national health crisis.

THE CANADIAN PRESS

Surveillance stories

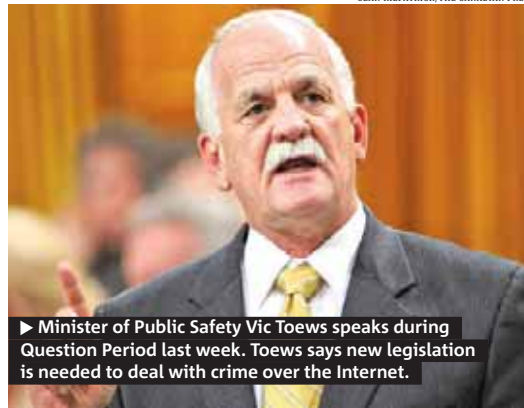
► Foreign legislation underscores need for caution, critics say ► Government insists new law is necessary

Opponents of the government's online surveillance bill say Canada should look to its allies for cautionary tales before pushing ahead with measures that would erode Internet freedom.

Experiences in other jurisdictions, such as the United States and Britain, show no evidence of improved crime-fighting ability and "overwhelming evidence of increased surveillance," said Micheal Vonn of the BC Civil Liberties Association.

The legislation would allow police, intelligence and competition bureau officers access to Internet subscriber information — including name, email address and Internet Protocol address — without a warrant.

It would also require telecommunication service



► Minister of Public Safety Vic Toews speaks during Question Period last week. Toews says new legislation is needed to deal with crime over the Internet.

providers to have the technical capability to enable police and spies to intercept messages and conversations.

The international examples demonstrate that when authorities are given more powers to keep an eye

on Internet surfers, they definitely use them, said Vonn.

The government insists the bill will improve Canada's ability to work with its international partners to fight crime and terrorism.

THE CANADIAN PRESS

RCMP to probe Toews threats

The RCMP say they've been asked to investigate threats made against Public Safety Minister Vic Toews.

Toews is facing criticism over the introduction of an Internet surveillance bill that critics say could violate people's privacy.

Over the weekend, the online activist group Anonymous posted a video suggesting the heat on the minister could intensify unless the bill is scrapped.

THE CANADIAN PRESS

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Afghan cold claims more than 40 lives

► Coldest winter in years forces locals into camps ► Number of deaths in capital city outrages public

MUSADEQ SADEQ/THE ASSOCIATED PRESS



► A child stands with his father as they wait to receive blankets and winter jackets at a camp in Kabul for internally-displaced Afghans.

More than 40 people, most of them children, have frozen to death in what has been Afghanistan's coldest winter in years, an Afghan health official said Monday.

The government has recorded 41 deaths from freezing in three provinces — Kabul, Ghor and Badakhshan, said Health Ministry spokesman Ghulam Sakhi Kargar.

All but three or four of those deaths were children, he said. Twenty-four of the deaths were in the capital of Kabul, mostly in camps for people who have fled fighting elsewhere in the country.

Kabul has been experi-

encing its worst cold snap and heaviest snowfall in 15 years, according to the National Weather Center. It said the weather was to improve by the end of the week.

Heavy snowfall in Day Kundi province caused an avalanche late Sunday in the Sang-i-Takht district that damaged three dozen homes and shops. The avalanche caused no injuries, said Nasrullah Sadiqzada, a member of parliament from the central province.

The hardest-hit have been people living in tents in a number of camps around the capital.

THE ASSOCIATED PRESS

Red Cross urging ceasefire in Syria

The International Committee of the Red Cross (ICRC) said Monday that it is trying to broker a ceasefire aimed at allowing emergency aid to reach people in the areas most affected by fighting in Syria, where thousands have died in an 11-month uprising against President Bashar Assad's regime.

An ICRC spokeswoman, Carla Haddad, said the Geneva-based aid group has been in talks

with Syrian authorities and opposition groups for some time, but attempts to negotiate a ceasefire had begun only recently. Haddad declined to specify when.

"We are currently discussing several possibilities with all those concerned, and it includes a cessation of fighting in the most affected areas," Haddad told The Associated Press.

THE ASSOCIATED PRESS



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NEED COOL DESIGN TIPS?
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► Canada Post President and CEO Deepak Chopra.

Canada Post must modernize, CEO says

► \$2.1 billion being put toward revamping service

The growth of online retailers represents the biggest opportunity in a generation, but Canada Post chief executive Deepak Chopra says the post office needs to change to survive as fewer letters get delivered each year.

Chopra says the organization is going through its biggest upheaval since the introduction of postal codes and machine sorting.

And while the number of windowpaned envelopes with the latest Visa bill or bank statement are decreasing, the volume of yellow-padded envelopes with eBay purchases are on the rise.

"We're on the verge of a massive explosion in e-commerce," said Chopra.

Postal services around the world are facing the same trends that squeeze their business, undercut revenues and threaten to produce mass layoffs. The U.S. Postal Service says it may lose as much as \$18.2 billion a year by 2015 without major changes. Canada Post is also restructuring. It opened its first new plant in 20 years in Winnipeg and is retrofitting major operations in Toronto, Montreal and other cities. Modern equipment is speeding processing times, but means less manual handling and

tensions with unionized workers. **THE CANADIAN PRESS**

Walmart raises stake in online Chinese retailer

Walmart plans to buy a controlling interest in the fast-growing Chinese online retailer Yihaodian.

The big-box-chain operator has agreed to increase its stake in Yihaodian's holding company to approximately 51 per cent, Walmart said Sunday. The financial terms of the deal were not disclosed and it must be

approved by Chinese government regulators. Yihaodian has been in business for less than four years. It sells more than 180,000 products, ranging from groceries to electronics to clothing. It has 5,400 employees and a delivery net-

Canadians love to pay with cash

In the age of debit and credit cards, Canadians still love cash.

That's the conclusion of an unusual survey by the Bank of Canada, which talked to about 6,800 Canadians, including half who were asked to record their purchases over a three days. Findings revealed cash still accounts for 53.8 per cent of all transactions, and if the purchase was under \$25, that share goes to about 70 per cent.

"In particular, consumers prefer to use cash because they find it fast, cheap, safe against fraud and convenient for budget-control purposes," it said in a discussion paper.

THE CANADIAN PRESS

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work across Shanghai, Beijing, Guangzhou, Wuhan and Chengdu. Walmart said the deal improves its access to Chinese consumers who use smartphones and social media to shop.

THE ASSOCIATED PRESS

YouTube reaches out to Tinseltown for viewers



► Crew members work on a costume at the Maker Studios in Culver City, Calif. YouTube is investing \$100 million in 96 new channels with help from Hollywood.

YouTube is enlisting Hollywood's help to reach a generation of viewers more familiar with smartphones than TV remotes.

The online-video giant is aiming to create 25 hours of programming per day with the help of some of the top names in traditional TV. The Google-owned site is spreading its wealth among producers, directors and other filmmakers using a \$100-million US pot of seed money it committed last fall. The fund represents YouTube's largest spending on original content so far.

YouTube believes it is laying groundwork for the future. While the number of traditional TV watchers has levelled off in recent years, more and more people are watching video on mobile phones, tablets and computers, especially the

18- to 34-year-old age demographic that advertisers covet. The idea is to create 96 additional YouTube channels, which are essentially artists' home pages, where viewers can see existing video clips and click "Subscribe" to be notified when new content goes up.

THE ASSOCIATED PRESS

What to expect

- **YouTube has attracted** Fast Five director Justin Lin, who directs episodes of Community; CSI creator Anthony Zuiker; and Nancy Tellem, former president of CBS entertainment.
- **Several new channels**, such as the extreme-sports-focused Network A and Spanish-language Tutele, have launched. YouTube hopes to have them all up this summer.

Market moment





TSX	Dollar	Oil	Natural gas
			
No change (12,458.30)	No change (100.43¢ US)	No change (\$103.24 US)	\$2.68 US No change
			Gold \$1,725 US No change

PHOTO: JAMES P. HARRIS

Eurozone agrees to save Greece from bankruptcy

After more than 12 hours of talks, the countries that use to euro reached an agreement early Tuesday to hand Greece \$170 billion US in extra bailout loans to save it from a potentially disastrous default next month, an unidentified European Union diplomat said.

The euro surged as the news broke, climbing 0.7 per cent to \$1.328 within minutes. While much depended on the details of the

deal, a final agreement for Greece will take some pressure off the 17-country currency union, which has been battling a serious debt crisis for two years.

The deal — details of which were still being worked out by European finance ministers in an all-night session in Brussels — was expected to bring Greece's debt down to 120.5 per cent of gross domestic product by 2020, according



► Greek Finance Minister Evangelos Venizelos, second right, speaks with Belgian Finance Minister Steven Vanackere, left, French Finance Minister Francois Baroin and Greek Prime Minister Lucas Papademos at the EU Council building in Brussels on Monday.

to the official. That's around the maximum that the International Monetary Fund and the eurozone considered sustainable.

Meanwhile, a senior eurozone official says private holders of Greece's debts have agreed to more substantial losses than previously expected, including a face value loss of 53.5 per cent on their bonds.

The investors — mostly banks and investment

funds — have agreed to swap their bonds for ones with longer maturities and lower interest rates starting at 2 per cent and eventually rising to 4.3 per cent, according to Jean-Claude Juncker, the prime minister of Luxembourg.

That deal agreed to on Tuesday is a critical part of lowering Greece's debt so that it can eventually be paid off.

THE ASSOCIATED PRESS

YOU ARE WHAT YOU PIN

SHE SAYS ...

JESSICA NAPIER
METRO



If Facebook is like a diary of what my life actually looks like (albeit a carefully curated one), then Pinterest is my vision board for what I wish my life looked like.

If you're unfamiliar with this rapidly growing social-networking site, well, where have you been? Here's how it works: images of beautiful clothes, adorable animals, elegant homes and perfectly styled foodstuffs are virtually "pinned" onto thematic boards. Users can edit and share their digital pinboards with fellow pinthusiasts who can then comment on, like and repin the images on their own boards and so on.

While a small percentage of the images are purely practical — think "the best DIY drain cleaner" — the majority are simply things that are nice to look at. The photo-sharing site is especially popular among young women (hi there!) who grew up tearing images out of magazines and tacking them up on corkboards to create aspirational collages. Taking this low-tech practice and moving it online is both genius in its simplicity and its revenue-generating potential.

"In January of this year, Pinterest became the fastest website in history to break through the 10 million unique visitor mark..."

Not only is Pinterest easy to use, it's also hopelessly addictive. I've stayed up until 1 a.m. browsing online catalogues of stunning interiors because I decided my home-decor board absolutely needed some new material. I catch myself pinning at home, at the office, in transit ... heck, I've pinned 10 times already while writing this column.

Interestingly, Pinterest's user demographics in North

America differ vastly from those across the pond. The overwhelming majority of American users are females (83 per cent) using the site to post images from feminine interest areas such as fashion, hair and beauty, wedding decor, recipes, etc. In Britain, more than 50 per cent of the users are males sharing very different materials, including SEO and marketing resources, web analytics and venture-capital-related items. Notwithstanding these differences, images concerned with homemade crafts rank pretty high in both countries. I guess you can't deny the popularity of DIY tchotchkes.

While you could dismiss this photo-sharing site as a frivolous collection of eye candy, you'd be a fool not to recognize its potential. I'm sure plenty of companies and brands would love to know that I have visited websites and even made a couple of purchases as a direct result of something I stumbled upon on someone's virtual pin board.

In January of this year, Pinterest became the fastest website in history to break through the 10-million-unique-visitor mark and it's growing exponentially every single day. So are you getting nervous, Mr. Zuckerberg?

Read more of Jessica Napier's columns at metronews.ca/shesays



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Daily Zoom

Out of the blue in Rio



Revellers gather in Rio for parade

RIO DE JANEIRO. This year's Carnival celebrations seem to have drawn some of the unlikely of fans. These "Smurfs" were some of the many revellers who descended on Rio de Janeiro to watch the elaborate parades of Carnival which culminate on Fat Tuesday before the start of the Catholic season of Lent.

● MWN

Swivelling hips for 40 minutes

PARADE. The main event of the Carnival takes place at the Sambadrome, a city strip flanked by stands with 80,000 spectators, where 13 samba schools perform with lavish moving floats. Feathered dancers dance and swivel their hips nonstop for 40 minutes to compete for the prize of the parade's champion.

● MWN

Local tweets



► **@trinighyul:** The kids had so much fun

today at the Legislative Grounds #yeg They are still playing w/ balloons

► **@cassandrasdlkj:** Crime scene tape, police cars and road blocks blocking off the entire block across from my apartment...

#welcomehome #yeg

► **@lealea:** About to pay for meal and leave... but not before I see Hurt Locker guy in full gear heading toward bomb. #yeg

► **@greensleaze:** There's a Wall-e bot poking a

'bomb' across the street from my work...it's been nice knowing ya! #yeg #2012

► **@TinkMeJK:** Mmm making Nasi Goreng and Korean BBQ chicken for dinner. I love days off:-) #yeg

► **@DustinDuniece:** saddened that many great restaurants were closed today in Edmonton #YEG

► **@stratynos:** is the #yegtransit texting system taking a holiday too? not working... #yeg

► **@JessicaHalabi:** 16year olds, Ugg Boots, short Shorts, and snow. Stay classy #yeg #lackoffashion

GETTY IMAGES

Carnival facts

► **History.** Carnival dates back to the 18th century and mixes the traditions of Portuguese settlers with the culture and history of the African slave population. The first parade of samba schools was in 1928.

► **What samba schools do.** Each school features up to 6,000 drummers, dancers and other participants as

well as spectacularly decorated floats. The schools develop an allegorical theme with a specially written samba song.

► **Queens of the Night** Each school has a rainha, or queen, who leads the drum corps. Usually dressed in little more than a huge plumed headdress and high-heeled shoes, they are often famous actresses or models.

2

scene

Box office



Woody Allen's romantic fantasy *Midnight in Paris* and Alexander Payne's family drama *The Descendants* have won top screenplay honours from the Writers Guild of America. Writer-director Allen earned the guild's prize Sunday for original screenplay on *Midnight in Paris*. Director Payne shared the adapted screenplay honour with co-writers Nat Faxon and Jim Rash.

THE ASSOCIATED PRESS



Canadian film sound engineers lose out to Hugo team at Audio Society Awards

Filming on a mission

▶ Act of Valor crew had their work cut out for them following the days of real-life Navy SEALs



ADAM
NAYMAN
SCENE@METRONEWS.CA

"We wanted to show that these guys were human beings and not Terminators," says Scott Waugh, the co-director of the unconventional new feature *Act of Valor*, an action movie starring real-life Navy SEALs.

"Originally, they turned us down, saying that they weren't actors, and that they weren't Hollywood guys.

"We told them that we only wanted them to be themselves."

Waugh is a former stuntman and his co-director Mike McCoy used to race motorcycles for a living, so it's no surprise that they were able to relate to a group of alpha-male types.

Act of Valor grew out of documentaries the pair made for the Air Force and the Navy, but it's a fictional narrative, featuring scripted dialogue, plot twists, and actors in supporting roles (mostly as the terrorist villains on the wrong end of the SEALs' gunsights).

McCoy says that the story is rooted in reality, however.

"Everything that happens to a SEAL in the film has happened to a SEAL on the battlefield."

In some cases, the line between filmmaking and field work blurred together: a scene where the



▶ *Act of Valor* is the product of a pair of documentaries made for the U.S. Air Force and Navy.

SEAL team rendez-vous with a nuclear submarine was shot using the real thing.

"We waited until a true insertion operation was planned and then hopped on," says Waugh, who says that they weren't given exact coordinates on the sub's location until the morning of the shoot.

"All that stuff is real and shot in real time."

"We avoided CGI," adds

McCoy.

"It's all real stuff, like in the action movies we were raised on."

That also means that the SEALs did their own stunts, which McCoy says was less of a stretch than one might think.

"The way they train, they're the most physically capable people on the planet."

While Waugh and McCoy acknowledge that releasing such a

pro-military movie into such a polarized political moment is a risk, they say they don't have any agenda: their admiration for their subjects and subject matter is sincere.

"We had one goal when we started the film," says Waugh, "and that's that the guys would still want to have a beer with us when we were done. And I'm proud to say that we're still drinking beer together."

Shooting SEALs

▶ The *Act of Valor* crew followed real SEAL training sessions and although there might be concern about revealing the identities of these special operations forces, the SEALs they followed weren't in an operational position, but merely in training. The faces of the SEALs and their first names are used in the movie.

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J. Edgar**Genre:** Drama**Director:** Clint Eastwood**Stars:** Leonardo DiCaprio, Armie Hammer, Naomi Watts 🌐🌐🌐

Clint Eastwood's substantial biopic tells us many things, possibly too many, about the late J. Edgar Hoover, the secretive FBI director who probed America's nether regions for 48 years under eight presidents, from 1924-72.

Penned by Milk screenwriter Dustin Lance Black, J. Edgar is attentive to both the rumours (the cross-dressing and the gay lover) and to historical fact (the crime-busting and the empire building).

There is almost too much detail about the man/monster portrayed by Leo DiCaprio from Hoover's youth to old age.

J. Edgar nevertheless succeeds in illuminating Hoover, despite the faded hues of Tom Stern's desaturated colour cinematography and Eastwood's



austere direction and minimalist score.

The spotlight is powered largely by the wattage of DiCaprio's formidable central performance. There are other star turns, including Judi Dench as Hoover's overly attentive mother, Naomi Watts as a potential love

interest, and Armie Hammer as his true love.

In the end, J. Edgar is a wildly ambitious yet admirable undertaking that leaves us with no tears, but reminds us about the power of love.

Extras include a making-of featurette.

🌐 PETER HOWELL

Tower Heist**Genre:** Action/Comedy**Director:** Brett Ratner**Stars:** Eddie Murphy, Ben Stiller, Casey Affleck 🌐🌐½

The disjointed and dopey Tower Heist plays like an Ocean's 11 for idiots, but retains our goodwill by giving us a revitalized Eddie Murphy for our amusement.

Director Brett Ratner's film begins as mostly serious fiction that draws from recent Ponzi scheme headlines in the Bernie Madoff affair.

Scammer Arthur Shaw is played by Alan Alda, totally believable as a smug bajillionaire investor living in the penthouse luxury of the Tower (in reality the Trump Tower). Shaw's every want and whim is serviced by the Tower's building manager Josh (Ben Stiller) and the colourful characters who assist him.

Everything is fine until Shaw's illegal money



pyramid collapses, taking down the trusting Tower employees' pension plan with it.

How to get the employees' dough back? A heist is in order.

And the person to engineer it is Murphy, in one of his funniest live-action roles since his 1980s heyday. Ratner breaks all the

rules of the universe, including gravity. But if you're willing to suspend your disbelief, he'll leave you smiling.

Extras include a director's commentary, alternate ending, deleted/alternate scenes and making-of featurettes.

🌐 PETER HOWELL

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Who's the new detective in Hollywood?

**AMBER RAY**

SCENE@METRONews.CA

METRO WORLD NEWS IN NEW YORK

Riding on the 19th century coattails of Robert Downey Jr. on the big screen and Benedict Cumberbatch on PBS, Jonny Lee Miller is now set to play Sherlock Holmes in a new TV pilot for CBS.

The former Eli Stone star will headline *Elementary*, a drama based on the Sir Arthur Conan Doyle character, reports Deadline.com.

Rather than keep Holmes in a historical context a la Downey Jr.'s *Sherlock Holmes* film franchise, CBS is transporting the crime-solver to modern times, just as the PBS miniseries *Sherlock Holmes* has. (It's a smart tactic — the Cumberbatch-led miniseries, a coproduction with the BBC that is currently airing in Britain, is a certified hit.)

The twist: Miller's detective will be solving crimes in New York City.



▶ Jonny Lee Miller

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Spruce Grove

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The legacy of Whitney Houston

► As the singer is laid to rest, experts ponder her past and what it means for her music in future

HEIDI PATALANO
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

As Whitney Houston's funeral took place this past Saturday, the tragedy of her death is still fresh in our minds. However, Houston, like Michael Jackson, may have a legacy that can outlive our collective memory of her somewhat tainted past.

But that doesn't happen on its own. There are professionals who specialize in the act of "sanitizing" the image of a deceased celebrity. "The estates of dead celebrities these days are so savvy and there's a handful of people that manage it in Hollywood," explains Jo Piazza, author of *Celebrity Inc.* How Fa-

mous People Make Money. "Whitney's estate will likely sign on with one of them because they know what to do to kind of sanitize a celebrity who has died in an unsavory way. They're also bulldozers to make sure that the image is not used in a way that is one, not profitable for them and two, will continue to damage the brand in perpetuity."

Piazza notes that Michael Jackson's estate used the same experts that had worked on Elvis Presley's estate after he died. Many may forget that Presley also died young, and on the toilet. But Jackson and Presley at the top two dead celebrity earners. Why? Because they present branding that allows new generations to become

\$10M
The amount Houston's estate may earn in the next 12 months, according to estimates by Forbes Magazine.

fans and then, consumers.

"Michael Jackson's estate benefited from the fact that Conrad Murray was convicted," she says. "That kind of clears his name and de-stigmatizes him going forward. The way Whitney Houston died, that's not a family-friendly way to die. And if you die in an un-family friendly way, similar to Amy Winehouse, it's hard for parents to encourage that next generation of consumers to sign on to this brand."

Michael Jackson and Elvis Presley's respective Cirque du Soleil shows, in addition to Presley's *Graceland*, not only generate big money for their estates, but indoctrinate new generations as fans of their music.

But can Houston manage to overcome the same sort of branding crisis? Piazza doesn't think so. "I don't think that her brand was as strong as Jackson

and Presley's," she says. "I don't think that she had a strong enough catalogue in one genre to be able to do anything in perpetuity."

Piazza also notes that because Houston did not write her songs, she also stands to make less money from her catalogue going forward.

Dorothy Pomerantz is an entertainment journalist for *Forbes Magazine* and compiles the annual list of top-earning dead celebrities. She takes a more hopeful perspective on the future of Houston's legacy.

"Yes, the way Whitney Houston died was incredibly sad, but what's going to matter is how her heirs and her estate managers handle her name going forward," Pomerantz says. "There's no reason that something similar (to the success of Presley and Jackson) couldn't happen with Whitney Houston after her estate and her name have had room to separate from the way she died. Five years from now, will Whitney be remembered for her grace and for her songs? Or will she be remembered for dying from whatever comes out in the autopsy? It takes PR and smart planning and smart work. There's potential there."



► Will Whitney Houston become a top deceased celebrity earner like Michael Jackson and Elvis Presley?

On casting a Houston biopic

We asked movie critic for Fandango.com Grae Drake to speculate as to who could play the key roles in a Whitney Houston biopic if one were to be made today. But Drake warned us first, that the public will need distance from her death in order to appreciate a fictionalized retelling of her life. "Biopics usually do better when people have had time to forget what it was like to live through it in the news," she says.

● METRO

The cast

Who would play Whitney Houston and Bobbi Brown?

► **Whitney Houston:** "Jennifer Hudson is who everyone is bringing up for this," says Drake.

► **Bobbi Brown:** "The thing about Don Cheadle is that he can really bring something deep to a figure whom I think is largely unsympathetic. Getting the right performer in there could really turn the tide of public opinion," says Drake.



► Jennifer Hudson



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Houston items go up on the auction block

► Singing legend was buried on Saturday and already her Bodyguard dress, earrings are up for grabs ► How much will these pieces of Whitney go for?

THE WORD

DOROTHY ROBINSON
SCENE@METRONWS.CA



Well, that was quick. She was just buried on Saturday, but the vultures are already circling: It was announced on

Sunday that the black velvet dress and a pair of earrings Whitney Houston wore in *The Bodyguard* will be put up for auction next month in California as part of a Hollywood Legends auction.

According to celebrity auctioneer Darren Julien, Houston's *Bodyguard* items became available after her death on Feb. 11.

"It proves a point that these items, they're an investment," Julien told *The Associated Press*.

"You buy items just like a stock. Buy at the right time and sell at the right time, and they just increase in value."

He continued: "It's a celebration of her life. If you hide these things in fear that you're going to offend someone — her life is to be celebrated. These items are historic now that she's passed."

Point taken. But her death is already so tragic.



► A fan takes a photograph at the gravesite of Whitney Houston Sunday in Westfield, N.J.

"It's a celebration of her life... These items are historic now that she's passed."

CELEBRITY AUCTIONEER
DARREN JULIEN

Can't we have an appropriate amount of time to mourn before everyone starts to profit off of her? Say, a week?

Lilo to actually work?

Lindsay Lohan is set to host *Saturday Night Live* on March 3, but the gig

didn't come without a fair amount of begging and pleading, according to *TMZ*.

Sources say that with her community service nearly complete, the troubled actress is hoping to kick-start her career comeback.

To that end, Lohan reached out to the show's executive producer, Lorne Michaels, suggesting the idea of her hosting again. This will be Lohan's fourth time hosting the program.

And I know you all will be tuning for all of the wrong reasons.



► Lindsay Lohan

Celebrity tweets



Packing makes me anxious. I hate limiting my choices.



@DanaDelany

OK, I get it — everyone on Twitter is clever — enough already...



@jimmykimmel



@margareto

Should I put wet underwear in microwave?



@SteveMartinToGo

Found small Chinese person inside my iPhone. Apple needs to address working conditions.

Judi Dench's eyes are dim

Dame Judi Dench admits that she's been battling macular degeneration, an eye condition that's causing the 77-year-old to lose her vision.

"I can't read scripts any more because of the trouble with my eyes," she tells the

Daily Mirror. "And so somebody comes in and reads them to me, like telling me a story." But Dench, who's undergoing treatment for the condition, doesn't have any plans to give up acting.

"As long as there is a possibility of working, I'm not going to retire," she says. "If I retire, nothing will work any more, and it's hard enough as it is." • METRO

Marky Mark goes for shock tactics

Mark Wahlberg has found an effective way to deter his kids from getting tattoos: bringing them along to his extremely painful tattoo-removal sessions.

"I don't want my kids getting tattoos. And I wanted them to be [removed] by the time I did the

Fighter because putting makeup on and covering them up has always been a pain in the butt," Wahlberg says in an interview with the *Today* show.

"I've taken my two older kids to the procedure so they see how painful it is and what I have to go through."

• METRO



► Mark Wahlberg

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3 life

Drink this

Armando's flat-stomach green juice

Blend:
3 green apples
A generous bunch of spinach
A handful of kale
2 stalks of celery



Quoted

"I triple-Spank, which is not good. Spanx really, really work, but you don't need to overdo it. It's wonderful because it gives you the illusion of an hourglass with the sand kind of spread out."

THE HELP OSCAR NOMINEE OCTAVIA SPENCER TO HOST ELLEN DEGENERES ON THE AMOUNT OF SPANX SHE WORE TO CURB HER CURVES AT THE GOLDEN GLOBES



Transgender kids get puberty-blocking drugs, sex-changing hormones; MDs say numbers are rising

How Emma got that red-carpet body

► The Academy Awards are this Sunday, so you know celebs are busy working out to get ready ► Personal trainer Armando Alarcon, who works with The Help star Emma Stone, tells us how to rock the toned red-carpet look

For all the jokes about plastic surgery and dangerously thin actresses, many celebrities today look toned and tight because of one thing: They exercise regularly. And they work hard at it. See for yourself February 26th, on the red carpet at the Academy Awards. Sure to be there is Emma Stone, whose film *The Help* is nominated for Best Picture. We asked her personal trainer, Armando Alarcon, about her routine — and how you can emulate it.

Maximize your body 100 per cent

The first tip is to never single out one exercise. Full-body training will make you use more muscle and burn calories.

"The body does not move as one single entity," says Alarcon.

"Constantly change your routine with a mix of Pilates, basic weightlifting, yoga and plyometrics combined into one so that the body changes as a whole rather than one particular muscle group."

Identify, target and fix problem areas

When standing tall, a man will look stronger and a

"I am not built to lift weights mentally. I do not like lifting heavy metal over my head. I have a lot of rage, I guess, and it comes out when I'm hauling steel overhead."

EMMA STONE, ON WORKING OUT WITH ARMANDO ALARCON

woman more elegant, but everyone has a problem area that can affect overall posture.

Identify these and bring the body back to its original state before building it back up again.

The most common problem occurs when your chest pulls you forward and your back doesn't have the strength to hold the shoulders back, rounding the shoulders and causing a squatted forward lean of the head.

You need to focus on working the back muscles (Pilates is great). Doing so also flattens out the stomach and brings the chest and the shoulders back and down and correctly aligned with the head.

Weights don't need to weigh you down

The celebs use weights — well, light ones.

"Think of it this way: walking is good, jogging is better and sprinting is best," says Alarcon. "Adding five-pound ankle or arm weights to any exercise is hard as heck but causes more of a burn, as it maximizes the effort and shortens the time needed to gain the maximum amount of muscle. You can go from doing 20 reps to 10 to 15, and get the exact same results," he continues.

If it's bad, don't eat it Alarcon doesn't believe in diets. Allow yourself to eat what you want to eat or you will crash.

His food rules are simple: If you think it's bad, it probably is, so don't eat it. If you think it's too much, then don't eat it all. Whatever your vice is — carbs, fat or salt — change it.

Then eat breakfast. Proteins. Vegetables and water. And a flat stomach will follow, which you can then tone up with ab exercises. Sounds like a lot of work? For proof of the results, check out Emma this Sunday night.



► Actress Emma Stone

ILLUSTRATION: MIA KORAB/METRO WORLD NEWS



Alarcon on Emma

"Emma is the perfect example of someone who controls her eating very well. She doesn't go on diets and does indulge once in a while but overall, she eats very little meat and fatty foods and lots of fresh fruit and vegetables."

3

OF EMMA'S BEST COMBOS

► Lie face down on the floor with your palms at shoulder level, fingers pointing forward. Squeezing your gluteus, push yourself up until your body weight rests only on your palms and toes. Lower yourself and repeat.

THE PLANK/PUSHUP



► After three reps, hold plank position and begin to hop both knees in one motion toward the chest. Pause and in one motion kick both legs out again, ending up back in the plank position.

THE HOP UP/AND BACK



► Sit into a squat. Stand with your feet shoulder-width apart. Lower yourself into a very low squat, with your back straight and feet fully on the floor. Rise onto your toes and hop 2 or 3 inches into the air while maintaining your squat position.

THE SQUAT/JUMP



Can pomegranate prevent cancer risk?

► Questions remain about whether the antioxidant-rich fruit can help improve prostate problems



CELIA MILNE
LIFE@METRONEWS.CA

Perhaps you're perplexed by the pomegranate. Can this pure, pungent potion prevent prostate problems?

You may have heard claims that consuming pomegranate juice and supplements is helpful in ailments such as prostate cancer. Yet the makers of POM Wonderful 100% Pomegranate Juice and POMx supplements were given a warning in the U.S. for making false health claims.

What is really going on?

We asked Dr. Channing Paller, a senior oncology fellow at Johns Hopkins University in Baltimore, to fill us in. She and her colleagues recently conduct-

ed a study of POMx pills in men with prostate cancer. They found that it's safe to take the pills and does improve one important marker of prostate cancer.

Specifically, pomegranate pills increased prostate specific antigen doubling time (PSADT), which means that the cancer was progressing less rapidly in many of the 104 men in the study.

This followed an earlier study by Dr. Alan Pantuck of UCLA that found drinking eight ounces of pomegranate juice daily increases PSADT.

So why isn't Paller praising the pomegranate?

"Although we are happy that our study demonstrated daily POMx pills resulted in a six-month improvement in PSADT, this is not yet considered

Why pomegranate?

- There is little doubt that pomegranate juice is good for you and safe to drink. It is high in antioxidants, nutrients that are known to fight disease.
- The Mayo Clinic warns: if you are going to drink pomegranate juice regularly to prevent disease, talk to your doctor. It may affect how your body metabolizes prescription medications.
- Pomegranate juice is comparable to grape juice and blueberry juice in antioxidant content.

a clinically significant endpoint," she told Metro.

"Until we can show that people live longer or have longer periods where they are disease-free if they take pomegranate



juice or pomegranate extract ... no recommendations can or should be made for regular use of this compound."

It's a guarded thumbs up. Next, Paller plans to study the benefits of muscadine grape skin on men with prostate cancer.

Thoughts on ... Fun

AMUSEMENT. Have you forgotten how to have fun? Play is serious business for kids, so take some cues from the children in your midst.

They approach their playtime and flights of imagination with a kind of abandon most adults have forgotten is possible.

Not only do we become boring (and bored) when we don't make the time for fun, but we also become unhappy.

If you have trouble letting go of worries and responsibilities, imagine that you've sealed your cares in a box and stashed it in the closet for a few hours and then go out and pursue the activity that makes your heart sing.

Having fun is not an occasion — it's a way to live your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

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Back Home for fishy dishes

► This fish & chips spot serves up old favourites like battered haddock

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



I have nothing but respect for the array of “healthier options” bistros that open almost every week in this city. I savour locally-grown, organic duck as much as the next guy.

However, some places — open for decades — have refused any trendy food movements and stick to what they do best.

► **Back Home Fish & Chips**
12323 Stony Plain Rd.
780-451-7871
Categories: Family, co-workers or solo
Licensed: Yes
Price range: Low to mid
Rating: 3.5 out of 5



► Vermicelli Bowl (\$10.25).

One of these places is Back Home, which makes a mean platter of fish and chips.

The Family Platter (\$33.95) includes the token side bowl of coleslaw, a mountain of fries (not chips), and a stack of bat-

tered haddock.

The moist white fish inside its crisp shell, with a swipe of tartar sauce, was all I needed. I crunched happily on deep-fried fare with my lemonade (\$1.50) by my side.

The lunch menu is light and quickly made, and Back Home's location is convenient to several streams of traffic.

With everything going for it, I figure Back Home can stick to what it does best.

Angel Hair Tuna



Preparation:

1 In pot of boiling salted water, cook pasta about 8 mins. or until tender but firm. Reserve some cooking water; drain pasta. Return pasta to pot.

2 In nonstick skillet, heat oil and lemon rind over medium heat until sizzling. Mix tuna with 15 ml (1 tbsp) of reserved pasta cooking water. Stir lemon oil into pasta and add tuna, heating mix gently. Add lemon juice; stir in tomatoes. Serve with lemon. **THE**

Ingredients:

- 130 g (4 1/2 oz) angel hair pasta
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) grated lemon rind
- 30 ml (2 tbsp) lemon juice
- 2 cans (85 g each) flaked light tuna (garlic and hot pepper flavour)
- 250 ml (1 cup) halved grape tomatoes
- Lemon wedges

CANADIAN PRESS/CLOVER LEAF/ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Shrove Tuesday with a pumpkin twist

► Traditionally, the day before Lent is known for pancakes, which are made with ingredients that are often restricted during the 40-day fast

Preparation:

1 Combine the flour, brown sugar, pumpkin pie spice,

baking powder, baking soda and salt in a large

mixing bowl.

2 In a separate bowl combine milk, egg, pumpkin, oil, lemon juice and vanilla. Beat with a whisk until smooth. Add to dry ingredients, stirring just until blended. Do not over beat.

3 Heat a large skillet or griddle on medium high heat, adding a small amount of oil. Portion approximately 1/4 cup of batter on griddle, repeating to fill griddle. Cook pancake until bottom is brown and top has bubbles, about 2 minutes. Flip pancakes and continue cooking until bottom is browned. Repeat until all batter is cooked. Serve immediately with Hot Apple Cider Syrup.

4 Syrup: Combine cider and corn syrup in a small saucepan over high heat. Bring to a boil, reduce heat and cook about 15 minutes until mixture has a syrupy consistency.

5 Add butter, cinnamon, nutmeg and vanilla. Keep warm and serve over

pancakes. **NEWS CANADA/ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR & TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 1 cup all-purpose flour
- 2 tbsp brown sugar
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup milk
- 1 egg
- 1/3 cup canned pumpkin
- 2 tablespoons Mazola Veg Plus! canola and vegetable oil blend
- 1 tbsp lemon juice
- 1 tsp pure vanilla extract
- Mazola Veg Plus! canola and vegetable oil blend for skillet/griddle

Apple Cider Syrup

- 1 cup apple cider or juice
- 1 cup BeeHive corn syrup
- 2 tbsp butter
- 1/4 tsp ground cinnamon
- Dash ground nutmeg
- 1/2 tsp pure vanilla extract

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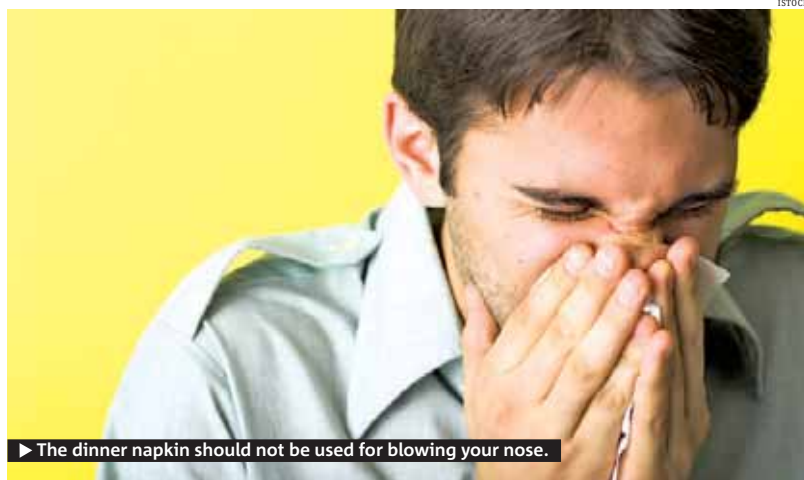
Researchers at the University of Alberta are inviting people with Type 2 Diabetes to participate in a study to help answer these questions.

To participate, you must have Type 2 Diabetes, be between 40 and 70 years, not taking insulin, able to walk on a treadmill, and be willing to spend 24 consecutive hours living in a small, comfortably furnished, research suite at the University of Alberta.

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▶ The dinner napkin should not be used for blowing your nose.

SNEEZING AT THE DINNER TABLE

Dear Butler,
When at dinner and one feels a sneeze coming on, how do you handle the situation? Sneeze into the napkin? Turn your head and sneeze into the napkin? Then there is the nose blow. Turn your head and blow into the napkin or leave the table to take care of it? Does one even use their napkin? Very confused here.
Arthur

CHARLES THE BUTLER



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THEBUTLER@
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an acceptable option.

Should you ever need to blow your nose while at the table, you should always excuse yourself from the table and ideally blow your nose in a Kleenex or handkerchief, far enough away so that the others at the table do not hear you.

Now, as for sneezing at the table. Remember that sneezing can spread germs. If you must sneeze at the table, grab your napkin, cover both your mouth and nose, put your head down as close to your chest as possible and try to push your chair back from the table before sneezing.

It is even better if you are seated in a position that allows you to turn your head away from everyone.

In any case, try to never sneeze in someone's direction, or in the direction of the food.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Dear Arthur,

Lets first deal with the easy part of your question. The dinner napkin is never, under any circumstances, used as a handkerchief, so blowing your nose into your napkin will never be

BE SOLD ON YOURSELF

Dear sisters,
I have been trying to meet new people through various dating sites for a while now. I've made a few good connections too; always talking, having a good time, wanting to hang out more (and the girl usually suggests it). But it seems to fizzle fast. She either is too busy or some other reason, but then they appear on my list of 'online' people when I go back to these sites...

Am I not being forward enough, or too forward by expressing interest? What else can I do? Thanks!
Wondering what I do.

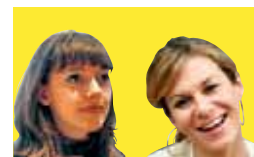
Andrea: Dear Wondering,

Start by patting yourself on the back for at least going on sites and meeting new people; that's half the battle. Next, go home, kick yourself really hard in the shin, open an umbrella indoors and whistle the theme to Knight Rider. This is the magic spell to make any woman fall madly in love with you.

Not.

My point is that you can put yourself out there and get some positive feedback, but there's no trick to make it pan out longer than that ... other than good old connection. If you haven't

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

found it, you haven't found it. What women find madly attractive are confidence and congruence. I shouldn't have to explain confidence to you, because if I do, you don't have it. Congruence, though, is when your thoughts aren't aligned with your goal. For instance, you've dressed the part and even say the right things, but your body language and tone say that you're desperate, which means you're not 100 per cent sold on yourself or what you want, and she won't be either. Improve yourself in whatever way you think is necessary, then stop wondering and enjoy who you are.

Claire: Dear Wondering,

If you're getting dates, you must not be one of those weirdos I met during

my brief tenure on one site, who called themselves hotnight69 or romeo-foru462. Congrats!

I've been that girl — the one who loses interest. It means you're either doing or saying something to put me off, like the guy who talked dirty within seven minutes of meeting, or the one who smoked in my face while telling me what bad drivers women are. Or else it means that the chemistry just isn't there ... yet. We've all been there, and we'll all be there again, so you're not alone. Don't lose confidence, just step away from it all once in a while, until you feel good again. And never tell a woman you're dating what you've just told us; never feel sorry for yourself or wonder aloud why things haven't worked. Try doing the opposite of what you've been doing on your next date — ask questions about her, listen more than you speak, laugh when she expects it ... in other words, get to know her before you reveal yourself too much, but be warm throughout. Chicks dig that.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

I love my baby daddy but...

▶ ... Not enough to live with him ▶ Mommyish writer explains why she needs space

"You're funny," my boyfriend/baby daddy said to me after I told him I could see myself living with him six days a week.

But I wasn't being funny at all. I was telling him the truth. I truly don't see how married people do it. In fact, I wish married people would speak up more often about how they live with someone every single day, hopefully for the rest of their lives. There are so many books out there on being single, but no books out there about the truth about marriage and how to live with someone.

I hate to admit this, but it would be ideal if my boyfriend/baby daddy could live next door to me. Don't get me wrong: I love

"I hate to admit this, but it would be ideal if my boyfriend/baby daddy could live next door to me ... Meanwhile, I get to wear sweats and eat pizza..."

REBECCA ECKLER

this man more than any man I've ever been with, and I want to spend the rest of my life with him. It's just that I also want a break, at least one night a week. It isn't feasible, economically, for us to afford two houses next to each other. However, it is feasible that he rents a place,

which he does, to be closer to his own children's school and so he can be there for their after-school activities. Even after we had our baby, I told him I'd pay for him to keep it.

As it stands, he sleeps there two nights a week, and I really look forward to those two nights a week. I miss him like hell, but it's a good kind of missing, and after those two nights, I can't wait to see him again. Meanwhile, I get to wear sweats and eat pizza, without care. (As a side note, I always dress sexily to bed when I'm with him. Just my tip to you ladies!)

I've been a single mother for five years now. And I've done it. And done it

well. Plus, these married friends of mine — not all of them, but a number of them — don't seem all that happy in their marriages.

I truly believe if they took a break from each other, one night a week, their relationships would be better.

Once, after having coffee with a friend, she saw her husband's car in the driveway, and her face dropped. It literally dropped. She said, "Oh, great. Now I'm not going to get any work done."

And I thought, God, if this is what marriage is, or what living together is like, then count me out.

CONTRIBUTED BY:
REBECCA ECKLER, MOMMYISH.COM

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► Removing roadblocks for RRSPs



JANE DOUCET
FOR METRO

With the RRSP deadline looming on Feb. 29, some Canadians may be scrambling to find funds to contribute.

The ideal scenario is to set money aside for RRSPs on a regular basis. "The best plan is to contribute a fixed amount monthly," says Paul Lermite, a Vancouver-based certified financial planner with Assante Wealth Management.

The monthly amount gets automatically deducted from your bank account. Then, if at some point during the year you get a work bonus or inherit money, you can top up your contributions.

Not having a ready stash of cash to invest is just one roadblock stopping people from contributing to an RRSP.

Here is how to overcome that obstacle and others.

Can't scrounge up a dime.

If you have raided your piggy bank but still can't come up with money to invest, consider taking out an RRSP loan. "Borrow an affordable amount for one year, maximum," says Lermite. "Then pay back some of the loan with the tax refund the RRSP generates."

Spent too much at Christmas.

If you blew your budget buying gifts for everyone on your list, you could end up mired in credit card debt leading up to the RRSP deadline. "That doesn't mean you shouldn't buy Christmas gifts," says Lermite. "But it is a sign that you should start reining in your holiday spending."

Missed the deadline. Hoping there is a grace period post-deadline? Unfortunately, there isn't. But arriving late to the party can be an opportunity in disguise.

"If you miss the dead-

line, that's OK," says Lermite. "What you need to do now is get a certified financial planner to help you start planning right away for next year."

When the time comes, try not to wait until the day before the deadline to hand

over your cash; the sooner before the final moment you can do so, the better prepared you will be.

Waited too long to start. If you are 10 years or more away from retirement and you finally have a good

chunk of change to invest in your first RRSP, it might be worth your while, but talk to your financial adviser to make sure. The closer to retirement you are, the less time you will have to take advantage of compound interest. Also, you

must start withdrawing some of your RRSPs at 71.

"If you're less than a decade away from retirement, you'd probably be better off making non-registered investments like a tax-free savings account," says Lermite.



metro metronews.ca
TUESDAY, FEBRUARY 21, 2012
RRSP GUIDE

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Divide and prosper

► Spousal RRSPs can help balance the income load



YLVA VAN BUUREN
FOR METRO

A spousal RRSP is a regular RRSP with one important difference, says Mike Henry, senior vice-president of retail products, Scotiabank: The person making the contribution is doing so in their spouse's name.

"This lets couples divide up their retirement income as a way of minimizing their overall tax liability in retirement. It's really useful in that you can help balance the income load and try and keep each spouse in a lower overall income tax bracket in retirement."

A spousal RRSP is an income splitting strategy with the objective of reducing the cumulative family tax bill, according to Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

Through their working life, the person with the higher income can shift income to the person in the lower tax bracket, says



Williams. When you both retire, rather than have a disproportionate pool of RRSP income, you have equal amounts, says Williams. If you need \$50,000 of household income, you would pull \$25,000 from each plan.

"From a tax perspective, that's much better than taking the entire amount from the one."

Here's what you need to know about spousal RRSPs:

► A person can contribute his or her entire RRSP allowance into a personal RRSP, put it all in a spousal RRSP, or split up the contribution.

► Once money is in a spousal RRSP, it becomes that person's money — even though the other person makes contribution.

► The contributor gets the tax deduction.

► Any withdrawal is taxed.

CREATAS IMAGES/THINKSTOCK

Women ... knowledge is financial power



JANE
DOUCET
FOR METRO

In her book *It's Your Money: Becoming a Woman of Independent Means*, Gail Vaz-Oxlade cites a USA Today study that reveals 70 per cent of women are afraid they won't have enough money when they are old.

But that's the United States, you might say. The prospects are better for Canadian women. Right? Maybe not.

Statistics Canada has reported that 40 per cent of women older than the age of 75 who were living on their own had incomes below the poverty line. Part of the reason is that many still believe dealing with finances is a man's job.

"We can paint this picture with fresher, more vibrant colours," writes Vaz-Oxlade.

"But to do it, (women) have to understand how money works. And we have to be willing to take

Emergency funds

▶ The best-laid financial strategies will fall apart if you don't have contingency plans in place for such earth-shattering events as the death of a

charge of our own financial lives."

Financial experts caution women not to rely solely on their partner to manage their money.

"Knowledge is power,"

partner, a divorce, or a partner's sudden unemployment. Knowing you have enough cash in an emergency fund to help you through a few lean months will give you peace of mind.

says Teresa Black Hughes, a certified financial planner with Rogers Group Financial in Vancouver. "Women should be a contributor (to the financial conversation), too."

Women tend to have more relationships than men and more people to take care of. "This can distract them from the focus of looking at the numbers of their lives," she says.

At the very least, every woman should have a chequing account in her name only, maintain a healthy credit rating and have a "pay-yourself-first" investment plan.

If your life circumstances change, it will be necessary to review insur-

ance policies, consider tax implications to your new status, and revise your retirement and estate plans.

And while no one wants to think they might one day be alone and disabled due to illness or an accident, it's something to consider.

"Life events, world market events, and personal matters arise," says Black Hughes. "Women have to be prepared to change their expectations along the path to retirement."

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Step by Step

► The earlier you start saving, the more compound interest adds up



YLVA
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FOR METRO

The sooner you start saving for retirement, the more money you will have because the more time it will have to grow!

A Scotiabank calculation, for example, shows that if you start contributing \$100 per month to your RRSP at age 20, with an average return of six per cent you will have \$263,589 when you retire at the age of 65 and your total contribution would be \$54,000.

If you start 10 years later, you will have \$138,068 by age 65 and your total contributions would be \$42,000.

If you start at age 40, you would need to make monthly contributions of \$388 to have \$263,751 at age 65 (with an average rate of return of six per cent) and your total contributions would be \$116,400. Starting 10 years later at age 50 would give you \$111,895 when you retire and you will have contributed \$69,840.

Here is an online tool



that can help determine how much you need to set aside to reach a goal such as retirement savings: scotiabank.com/payyourself-first/ScotiaPAC.html.

Rates of Return: Rates of return are a concern but have to be put into context of historical norms, explains

Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

“Over a period of time, things will get back to a reasonable level. We’ve had periods of time where interest rates were extremely high — for example, they were 20 per cent

in the '80s. Now, we’re at the other end of the spectrum, at one or two per cent. But it all averages out at the end of the day.”

The other way of thinking about this, says Peter Drake, vice-president, Retirement and Economic Research, Fidelity Investments Canada, is it’s still a

reality that we need to save for retirement. “We obsess over investment returns but in a time when returns are lower and more volatile than in the past, we also need to think about the fact that we may need to compensate for that by saving more now.”

Growth Factors: Here is how invested money can grow. In this scenario, John invests \$5,000 per year for 10 years at a five per cent annual return. He then holds the savings in a portfolio earning five per cent per year for an additional 10 years. Susan doesn’t save for the first 10 years, but then contributes \$7,000 per year for 10 years at a five per cent annual return per year. At the end of the 20 years, Susan has contributed \$20,000 more than John has, yet her total savings are \$15,115 less.

SOURCE: FIDELITY INVESTMENTS CANADA ULC. ASSUMES LUMP SUM CONTRIBUTIONS ARE MADE AT THE BEGINNING OF THE YEAR. TAX CONSIDERATIONS ARE NOT INCLUDED.

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Various ways to pad your retirement



Have you contributed to your RRSP yet? The deadline for contributing and using it on your 2011 income tax return is Feb. 29. Here are ways you can do it:

All at once: At this point in time, your only choice is to make a lump sum contribution. Whether it's because you have an uneven income flow, you forgot, or you don't have a retire-

ment plan in place, "we do know that in February, people stress about making a contribution," says Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada. "If you're in that situation, it's better to do something than do nothing."

Next year, try to contribute the lump sum earlier in the year rather than later, advises Mike Henry, senior vice-president of retail products at Scotiabank.

"Once money is inside an RRSP, it's growing tax free."

Loan: You might also consider borrowing money. "This is still a great way for someone to get money into retirement savings," says Henry. Most banks have special RRSP loans. For example, "We can set up a catch-up RRSP line at Scotiabank to help you catch up on any unused RRSP contributions," says Henry. But paying off the loan as quickly as possible is recommended.

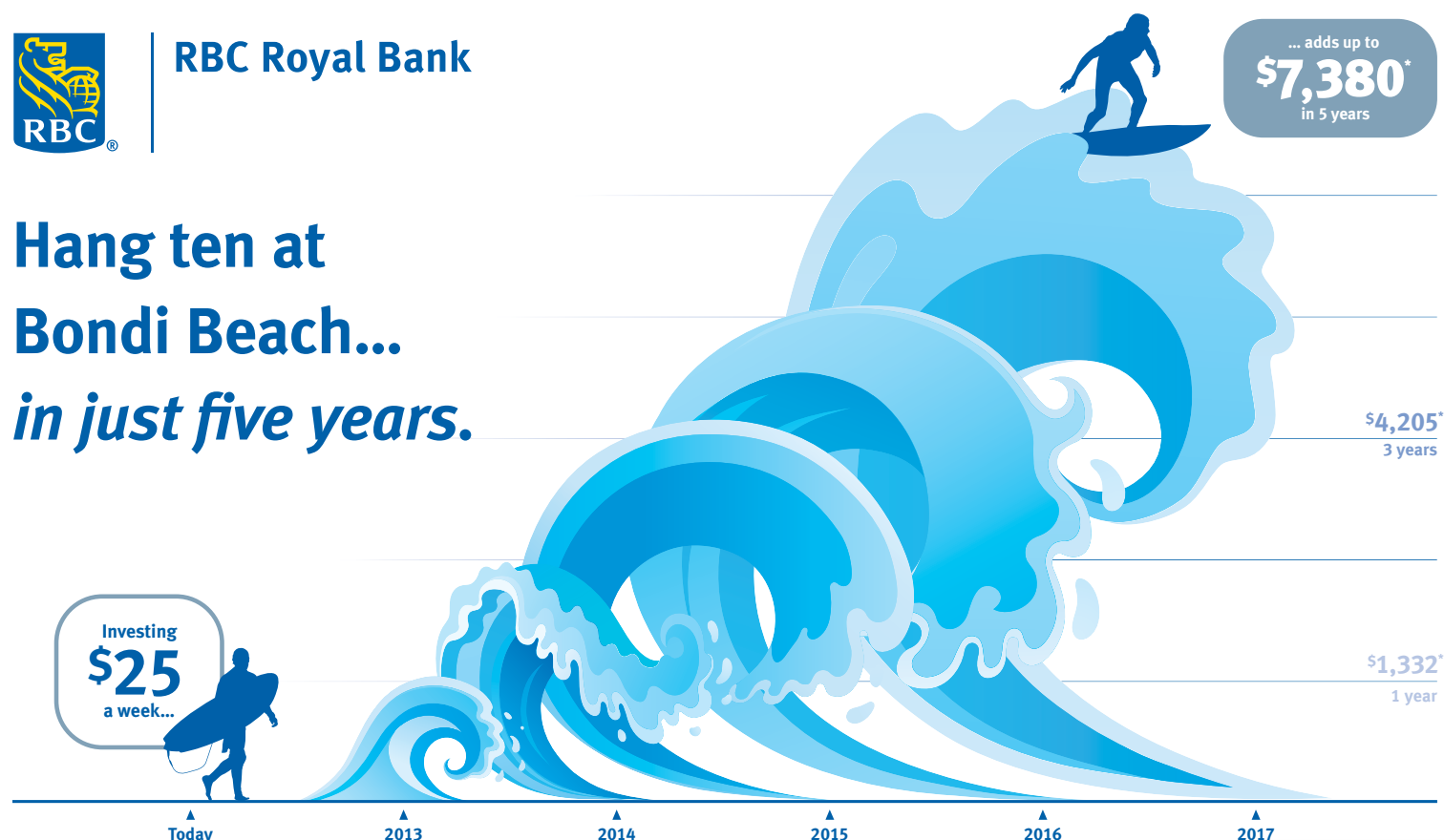
"We let customers defer payments for three months while they wait for their tax return to come in. Then they can use the refund against the loan."

Throughout the year: Regular contributions (weekly, monthly, etc.) are the most convenient and effective way to contribute, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.



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RRSP season is the only time of year I ever recommend stampeding

What's the RRSP fuss about?

► More money grows larger and faster than less money — so start saving today

to the bank as quickly as possible to set up an RRSP account or make a contribution. Each year you have until March 1 to contribute to your RRSP and have it count for the previous tax year.

Wondering what the big deal is with RRSPs? Simply put; the RRSP is the single most powerful tool Canadians have to save money for retirement.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

The law of reinvested returns states that more mon-

ey grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

When you're starting out, perhaps a new career, buying a home, or raising a family, tax deferral is very valuable. It allows you to maximize your savings opportunities even though your budget might be tight.

Nearly anyone can have an RRSP. Individuals can contribute up to 18 per cent of their income, up to \$22,450 for tax year 2011, and the limit can sometimes vary depending on your pension program at work.

If you can't maximize your RRSP limit, you can carry-forward the contribu-



tion room indefinitely.

Start contributing regularly on pay day and increase your contributions annually until you reach

your maximum limits. Check whether your employer has an RRSP or pension plan you can participate in.

I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars.

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Southgate Centre
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Red Deer
Bower Place

Shrugging off controversy

► 'I don't care if anybody is singling me out,' Toronto slugger Bautista says of PED questions

Albert Pujols pulled in for his first day of spring training with the Anaheim Angels on Monday amid dozens of television cameras and required a separate press conference back at the team hotel to handle the media interest.

Jose Bautista, meanwhile, has been going about his business in Florida the past few days in advance of the Blue Jays' camp in relative anonymity. But there is some common ground for the two superstars — both say they have been tested for performance enhancing drugs well in excess of normal league protocol.

Bautista addressed the issue Monday in Dunedin, the first time he spoke to Toronto media on the matter after a tweet in mid-January fanned into a brief controversy.

Bautista maintained he was tested 16 times over the course of his back-to-back American League home run champion seasons (2010 and 2011). Major League Baseball said those figures did not match up with their numbers, and for a week after the story broke, there were questions about who was correct.

"I don't care," Bautista said about the entire affair.

"At first it got blown way out of proportion. I was at a dinner and a player asked me a question and I gave him my answer. I didn't know there were (press) working there and



► Jose Bautista prepares for batting practice on Monday under the watchful eye of Blue Jays manager John Farrell in Dunedin, Fla.

that didn't matter. Then it became a story, from the first time it got tweeted or whatever, it went from there."

Major leaguers can expect at least two unannounced tests during the regular season and possibly two more during spring training.

Pujols, like Bautista,

"I wouldn't have signed that contract if I didn't feel (the organization was building a winner) ... I feel we have the group in place and that we're ready to go for it."

JOSE BAUTISTA ON THE BLUE JAYS' CHANCES IN 2012

said he was tested well beyond those numbers. Neither has ever tested positive for any banned substance.

During the off-season, Bautista said that he took two months off, largely to rest his body after a series of injuries in the second

half of the season.

"To me, the most important thing is remaining healthy and staying on the field to help this team in any way I can," said Bautista.

"If we win and get into the playoffs, then that dictates what is my success (in Toronto)."

TORSTAR NEWS SERVICE

4

sports

Oilers preview

Edmonton at Calgary
7 p.m.
TV: SNET



The Flames (28-22-9) host the Oilers (22-30-6) for the third time this season. Calgary won the first two home games 2-1 on Oct. 18 and 3-0 on Dec. 10. Edmonton is 0-4 overall against the Flames this season and is winless in its last three games. Magnus Paajarvi has four points in five games after registering only four points in the previous 33. Mike Cammalleri has three goals in four games after scoring two in his first 10 with the Flames. Miikka Kiprusoff has allowed six goals over his past four starts combined.

THE CANADIAN PRESS

B.C. on a roll despite flu concerns

JONATHAN HAYWARD/THE CANADIAN PRESS



► B.C.'s Kelly Scott

Kelly Scott's team keeps winning games at the wire at the Canadian women's curling championship. However, the B.C. skip is concerned about an off-ice development.

Teammate Sasha Carter didn't play in B.C.'s 7-5 win over defending champion Amber Holland in Red Deer on Monday because of the flu. Scott's husband, Chad, and young son, Nash, had the same symptoms.

"My roomie Sasha was

10th

B.C.'s first four wins were all decided in the 10th and final end.

up all night sick," Scott said. "Up until now we thought it was food poisoning, but obviously a few more people are having the same symptoms."

"We probably should take all precautions. I

might move in with our fifth. We have to preserve the four people that can go on the ice."

Scott was 4-0 at the Scot-ties Tournament of Hearts and handed Holland her first loss of the tournament.

The Kelowna, B.C., rink topped the standings ahead of Holland and Manitoba's Jennifer Jones, who were at 3-1 with a draw remaining Monday.

The pack of teams at 2-2 included Saskatchewan's

Michelle Englot, Alberta's Heather Nedohin, Ontario's Tracy Horgan and New Brunswick's Heather Atkinson.

Kerry Galusha of Yukon and Northwest Territories, Quebec's Marie-France Larouche and Kim Dolan and Prince Edward Island were 2-3. Nova Scotia's Heather Smith-Dacey was 1-3 with Heather Strong of Newfoundland and Labrador at 1-4.

THE CANADIAN PRESS



Scan code for more sports.



► Yankees Phil Hughes, Boone Logan and CC Sabathia stretch during practice.



► Albert Pujols answers a question during a news conference on Monday.



► Tampa Bay Rays catcher Jose Molina attends a workout on Monday.

Spring is in the air

► With most teams opening their training camps this week, there is plenty going on in baseball



► Detroit Tigers first baseman Prince Fielder talks to the media as he arrives early to spring training on Monday.

Quick hits

Here's what was going on in major league training camps:

- **Prince Fielder** entered the Tigers' increasingly crowded clubhouse Monday, the day of Detroit's first workout for pitchers and catchers. Fielder and Miguel Cabrera both came to camp early, along with a handful of other position players.
- **Mariano Rivera** hinted 2012 could be his final year in the major leagues, saying he won't announce his long-term plans until after the season. The New York Yankees' 42-year-old closer says he has reached a decision about whether he will retire or return in 2013 but said he won't reveal it until "maybe October."
- **Albert Pujols** says he won't look back as he moves to a new baseball home. On Monday, he reported to his first training camp with the Los Angeles Angels, arriving a week earlier than he planned so he could begin bonding with his new teammates.
- **Bryce Harper** arrived at spring training with the same goal he had last season: to make the Washington Nationals' opening-day roster. Nationals manager Davey Johnson said the 19-year-old is "still in the mix to have an opportunity."
- **A.J. Burnett** was happy to escape from New York. "It was fun the first couple of years. Then it got like, 'I'm never going to get out of this funk,'" he said Monday, a day after the Yankees dealt him to the Pittsburgh Pirates for a pair of low-level prospects.

THE ASSOCIATED PRESS

Do your resolutions include finding a new career?

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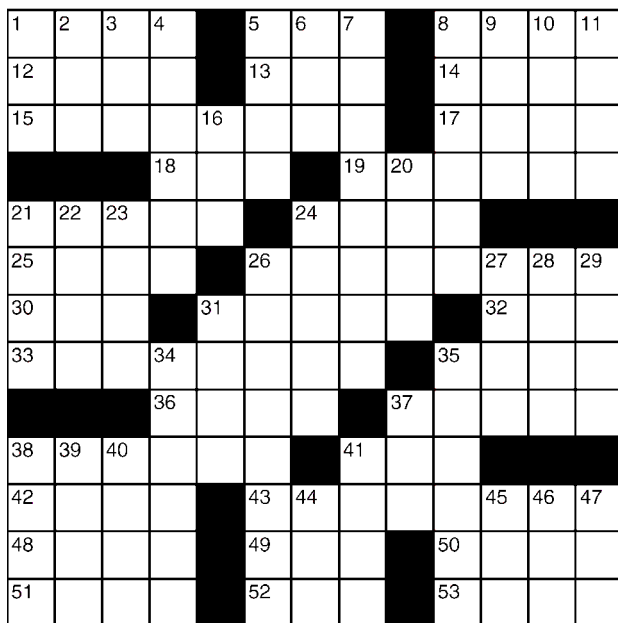
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Crossword

Across

- 1 Above
5 Stick out
8 Take out of the manuscript
12 Carry on
13 Fire residue
14 Holly
15 Poisonous evergreen
17 Put away for a rainy day
18 Seek restitution
19 Funny, in an O. Henry sort of way
21 Ersatz chocolate
24 Huff and puff
25 Prayer ending
26 Sieve
30 Business deg.
31 "The Age of Anxiety" poet
32 Past
33 Potpourri of a sort
35 Rorschach test picture
36 Cincinnati team
37 Mustard-family herb
38 Urban problem
41 Hot tub
42 Bedouin
43 Robinson Crusoe, e.g.
48 Hammer's target
49 Ultra-modernist
50 Money
51 Rote of football lore
52 Talk on and on
53 Syringe, for short
Down
1 Acapulco gold
2 Actor Kilmer
3 Previous night



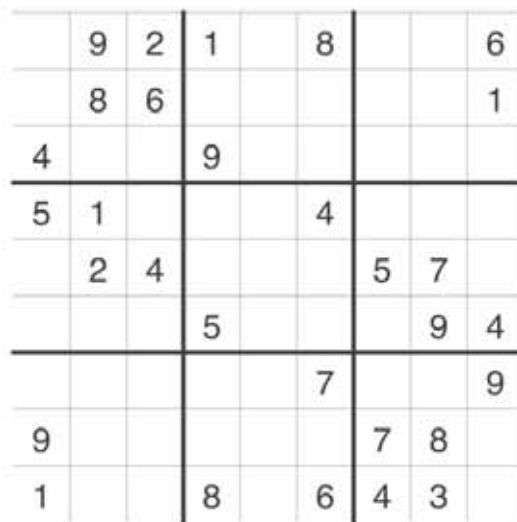
- 4 Logic
5 Nephrite
6 Work with
7 Michael Jackson hit
8 Repudiate
9 Verve
10 Jeans-maker
Strauss
11 Biz bigwig
16 Gist
20 Reddish horse
21 Bivouac
22 Early pulpit
23 Paper quantity
24 Portends
26 Holding affectionately
27 Chip's cartoon pal
28 Ids' counterparts
29 Deteriorates
31 From the beginning
34 Fit for farming
35 Limb
37 Tax pro
38 Foundered
39 Say grace, e.g.
40 Bar
41 Unkempt one
44 Vast expanse
45 Week fraction
46 Kreskin's claim
47 Pi follower
53 Barbie's

companion

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

7	2	4	1	3	9	5	6	8
9	5	1	4	8	6	3	7	2
3	6	8	2	5	7	1	9	4
2	8	5	6	9	4	7	3	1
1	9	3	8	7	2	6	4	5
4	7	6	5	1	3	8	2	9
8	3	2	9	6	5	4	1	7
5	4	7	3	2	1	9	8	6
6	1	9	7	4	8	2	5	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

BigRedDog, Who would have thought petting your dogs would turn into a life time together? We've been through more in one year than most couples go through in a lifetime, and i wouldn't have changed not one moment. Love to love you & want to want you 4evr4lways <3 AMEN! ESTROGEN

MY KNIGHT AND HERO You came into my life when I needed you the most, you opened my soul and breathed life back into me...I owe you forever, and with that I will have you forever in my heart and soul, i miss you but I know you are with me...I have stayed with you like you asked,,my heart aches for you all the time....I am your lady till the end of time. YOUR LADY

JR, How many famous people in your head?! you can provide any one so smart i love you!!! RR

A look at the weather

TUESDAY
Min -7°
Max 5°

WEDNESDAY
Min -1°
Max 1°

THURSDAY
Min -8°
Max 1°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



Today's horoscope

- ♈ Aries March 21-April 20**
Speak your mind today and don't worry too much who might be offended.
♉ Taurus April 21-May 21
Don't be secretive about your social and professional ambitions – let everyone know what it is you are hoping to achieve.
♊ Gemini May 22-June 21
You will be intensely ambitious over the next few days. Go for it!
♋ Cancer June 22-July 22
Can you afford to sit back and look smug as the plans you made a few months ago begin to pay off? Yes you can.
♌ Leo July 23-Aug. 23

- This is a good time to start something of a business nature.
♍ Virgo Aug. 24- Sept. 22
Are you looking at a situation with clear eyes, or are you seeing what you want to see rather than what is truly there?
♎ Libra Sept. 23-Oct. 23
You must pace yourself sensibly today, even if you think you can labour from dawn to dusk without a break.
♏ Scorpio Oct. 24-Nov. 22
All things are possible and if you want something enough you will find ways to get it today.
♐ Sagittarius Nov. 23-Dec. 21
Don't turn your back on some-

For today's crossword answers and for expanded horoscopes, visit metronews.ca

- one who needs help, even if they have been less than helpful to you in the past.
♑ Capricorn Dec. 22-Jan. 20
There is no point losing your temper with someone whose beliefs you profoundly disagree with.
♒ Aquarius Jan. 21-Feb. 18
Make a decision and stick with it. If you chop and change you could do yourself a great deal of damage.
♓ Pisces Feb. 19-March 20
A new moon in your sign means a new beginning – but what kind of new beginning is entirely up to you.

● SALLY BROMPTON

Caption contest



"I think it's time for some Botox injections." JOHN



You write it!

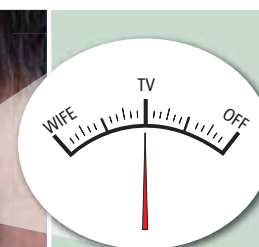
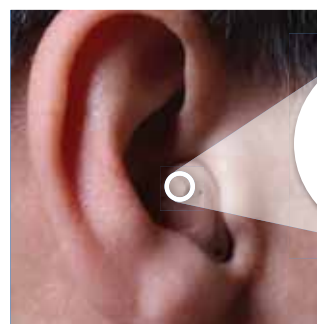
WIN! Write a funny caption for the image above and send it to play@metronews.ca – the winning caption will be published in Tuesday's Metro.

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